

細講弟子規 第六集

Confucius Teachings on Building a Happy Life (6)

- a foundation for Mahayana Buddhism practice

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諸位朋友，大家晚上好！

Hello my friends, good evening to you all.

上一節課我們已經進入《弟子規》，我們把「總敘」念了一遍，

In the last class, we started to learn the texts in *Dizigui* and read the outline one time.

我們翻到六十頁，《弟子規·總敘》。

Let's turn to page 60. *Dizigui*, outline.

我們也提到了，這個「弟子」不是指小孩子而已，而是我們每一位願意學習聖賢教誨的學生，都稱為弟子。

We also learned that the Chinese word *di zi* (弟子) does not mean children only but refers to all students who are willing to learn the sages' teachings.

「規」是規範，我們遵守這樣的規範，就能夠讓自己的德業日漸提升。

Gui (規) means the norms that help us improve moral character and develop virtues day by day.

【弟子規·聖人訓。】

The first sentence goes, "*Dizigui*, the guidelines for being a good person, are exhorted by the ancient sages."

這是聖賢人的教誨，而這句教誨是從孔夫子的教誨當中擷取出來，

Its text was taken from Confucius' teachings.

我們在《論語》裡面有看到這句，在《論語·學而第一》裡面就有。

We also see this line in the very first chapter of *The Analects*.

【首孝弟。】

'Being filial and fraternal are the foremost rules'.

這個『首』也就是提到做人的根本在哪？

This 'foremost' signifies to us what the roots of being a human are.

在孝道跟弟，友愛兄弟，尊敬長輩。

The roots are filial piety and fraternity, which means to respect elders and love our siblings.

『孝弟』，「弟」裡面還包含一個很重要的態度，就是恭敬之心，對長者的恭敬。

Fraternity encompasses a very important attitude which is the mind of respect; to respect all elders.

而一個人的道德、學問都是從孝跟敬當中不斷的提升，不斷的流露出來。

One's virtues and wisdom will constantly be revealed and escalated from his filial piety and fraternity.

其實一個人只要做到「孝」跟「弟」，相信他就可以齊家、治國、平天下。

As long as one genuinely practices these two roots, he is bound to succeed in harmonizing his family, governing a country, and bringing peace to the world.

諸位朋友，有沒有覺得：有這麼誇張嗎？

Dear friends, do you think that my statement is too much of an exaggeration?

其實「大道至簡」，很深奧的道理，其實都是很根本、很簡單的。

Well, 'the most profound Truth takes the simplest form'. Profound truths are in fact very basic and simple.

我們回想一下歷史，中國幾千年的歷史，哪一個朝代歷史最悠久，國運最昌盛？

Let's think back on Chinese history, which dynasty enjoyed the longest prosperity throughout a few thousand years?

周朝。

The Zhou dynasty. (*About 1100-256BC)

多少年？八百年。

How long was it? Nearly 800 years.

請問為什麼周朝可以延續八百年？

Now let me ask, why could the Zhou dynasty last 800 years?

憑的是什麼？孝跟弟。

What did it rely on? Filial piety and fraternity.

我們只讀了「周朝八百年」，

We all know well the fact that the Zhou dynasty lasted 800 years,知其然不知其所以然。

but not many people understand the cause.

我們也常常看到，別人的子子孫孫為什麼這麼優秀？

We often ask, how come others' descendants are so excellent?

只看到結果，對自己沒大幫助，

Only looking at the result will not help us much.

一定要把原因找出來，我們就可以從中得到很好的啟示。

We must find out the cause, we can then gain a very powerful inspiration.

周朝它開國是周文王、周武王，

The founders of the Zhou dynasty were King Wen and King Wu.

而周文王的祖父叫太王。

King Wen's grandfather was King Tai.

太王生了三個兒子，老大是泰伯，

King Tai had three sons, from the eldest to the youngest they were:

老二是仲雍，老三是王季，

Taibo, Zhongyong, and Wangji.

王季生了周文王，周文王又生了周武王、周公。

Wangji was the father of King Wen and King Wen was father to King Wu and Zhou Gong, the Duke of Zhou.

當初太王剛好看到他的孫子周文王誕生的時候，覺得周文王有帝王之相，有聖主之相。

When King Wen was born, King Tai was very happy to see this grandson's face bore the features of an emperor, a lord among men.

但是他的父親排第幾？排老三。

But his father, Wangji, was the youngest out of the three sons of King Tai.

結果他的大伯泰伯看到了父親看到孫子臉上的喜悅，他了解到他的父親想把王位傳給誰？Taibo Taibo was very empathic. He understood how his father felt. Upon seeing his father's joy when looking at his grandson, he was able to infer who his father wanted to pass the throne to.

希望往後能傳到這位孫子的手上。

He knew that his father wanted King Wen to eventually take the throne.

泰伯很善體父親的心境，

Taibo was very considerate of his father's feelings.

所以他不聲不響趁著要去幫父親採藥的這個理由，就跟他的二弟仲雍相約，兩個人就上山去了，去了以後就沒有再回來。

He silently seized the opportunity to go pick herbal medicine for his father, together with his brother Zhongyong, set off deep into the mountains and never returned.

因為他希望讓父親能夠好做事，不用顧於他是長子，能直接就傳給他的三弟王季，繼而再傳給周文王。

All because he wanted his father to not worry who the eldest son was and be able to pass down the throne directly to his younger brother Wangji, subsequently to King Wen.

諸位朋友，這個家族什麼都能讓，天下都能讓出來，

Dear friends, the siblings in this family were willing to give away everything to each other, even the emperor's throne.

而這個讓天下的動作成就了哪些德行？

What virtues has this action of giving up the throne achieved?

孝道！善體親心，能圓滿父親的心意。

Filial piety. Taibo and Zhongyong were able to understand their father's feelings and fulfill his wish.

再來，不只讓出了孝道，還讓出了什麼？

Furthermore, it also demonstrated the fraternity between siblings.

兄弟的友愛，連天下都可以讓，還有什麼東西兄弟不能相讓？

If they were willing to even give up the throne, is there anything else that they cannot let go of?

除了讓出了孝，讓出了弟，還讓出了什麼？

Besides demonstrating filial piety and fraternity, what other virtues had they achieved through their actions?

讓出了忠，忠於天下人民。

Loyalty. They were loyal to all citizens of the entire nation;

因為他這麼一讓，可以讓一個聖主領導全國人民，

because of this single sacrifice, it allowed a sagely king to lead the people of the entire nation.
這一讓是真正的德行，真正的家風。

This one act of yielding demonstrated true virtues and a genuinely good family tradition.

所以孔老夫子對泰伯、對仲雍的讚歎是「德之至也」，

This is why Confucius praised Taibo and Zhongyong as 'the exemplar of the utmost virtues'.

沒有這樣的至德絕對做不出這樣的行為。

Without utmost virtue, a person certainly could not do what they did.

所以，有孝、有弟。

Their family spirit includes filial piety as well as fraternity.

周文王跟王季（他的父親王季），他對於王季都是早上、中午、晚上一天三次問候，所謂晨昏定省。

In the records of history, King Wen greeted his father, Wangji, in the morning, at noon and in the evening, three times each day. As the ancients said, "Greeting parents in the morning and at night is the duty of children."

這三次去看父親，一來看看父親的氣色，再來看看父親吃飯的情況。

By greeting his father three times a day, King Wen could firstly observe his complexion and his eating situation.

假如父親進食得很良好，他就非常欣慰；假如父親吃得很少，他就很擔憂。

King Wen would be very pleased if his father ate well; if not, he would be very worried.

由於有這樣的身教，

Observing King Wen as such a good role model of filial piety,

所以他的兒子武王、周公也學得很好，周武王對周文王也非常孝順。

his sons, King Wu and Zhou Gong, also learned it very well. Therefore, King Wu was very filial to King Wen as well.

有一次周文王生病，周武王服侍在側，十二天沒有寬衣解帶，帽子也沒有拿下來，足足侍奉他父親十二天。

On one occasion, King Wen fell ill. King Wu took care of him for 12 days without resting, never even loosening his belt or removing his hat.

由於這樣的孝心，他的父親的病好起來了，

Because of King Wu's great filial piety, his father gradually recovered from his sickness.

俗話說人逢喜事精神爽，

A Chinese proverb goes, "one will be in high spirits when experiencing happy events."

有哪件事比孩子孝順更能讓父母歡心的？

What could bring parents more joy than seeing their children being filial?

一個人快樂的時候，免疫系統功能會上升，這都有科學根據的。

When people are happy, their immune system is boosted; this has been scientifically proven.

他們的孝道承傳下來，

The filial piety of King Wen and King Wu has been passed down.

一家孝，一國就興孝，

When one family practices filial piety, the entire country prospers with filial piety.

當他看到我所崇敬的領導人都是這麼樣的孝順，他們會很感動，會起而效法。

When the people of a country see their respected leader practicing filial piety, they will be very touched and consequently follow suit.

所以《大學》裡面有說：「一家仁，一國興仁；一家讓，一國興讓。」

This is why *The Great Learning** states, (*One of the Four Books, the Great Learning, the Doctrine of the Mean, the Analects, and the Mencius) “When one family practices benevolence, the country is benevolent, when they practice comity, the whole country is courteous.”

他們的禮讓帶動了全國人民禮讓，很多紛爭的事自然就減少。

Their leader’s practice of comity will inspire all citizens to do the same. Consequently, the number of conflicts will naturally reduce.

所以上行下效，確確實實感應不可思議。

The above lead by example to allow those below to emulate, its effect will be truly inconceivable.

除了周武王有承傳周文王的孝道，

Other than King Wu inheriting his father, King Wen’s filial piety,

周公也承傳了他的伯父泰伯、仲雍他們的弟，兄弟的友愛。

Zhou Gong also inherited the fraternity of his uncles, Taibo and Zhongyong.

有一次周武王生病了，

One time, King Wu fell ill.

周公就在他們祖宗的面前（他們那時候叫太廟），

Zhou Gong went to their ancestral temple, which was called ‘Taimiao’ back then.

他就寫了一篇祈禱文，祈求折掉自己的壽命，讓他的兄長可以延壽。

He wrote a prayer and swore that he was willing to give up as many years of his life as he could to prolong his elder brother, King Wu’s life.

我們感受到他不只是對兄弟的友愛，也是感受到希望讓兄長健康，讓他能夠治理好天下。

We can deeply feel Zhou Gong’s fraternity as well as his sincere wishes for his elder brother’s health and longevity to allow him to govern and bring peace to the nation.

周公這祈禱文念完，

After Zhou Gong finished reading his prayer,

至誠可以感通，周武王身體就好轉過來，

his devout sincerity elicited a good response that King Wu’s health gradually recovered.

而這篇祈禱文就放在太廟裡面。

And the prayer that he wrote was commemorated in the ancestral temple.

經過一段時間，周武王去世了，

Some time later, after King Wu had passed away,

接下來是周成王即位，周公輔助他，因為成王還年輕。

his son, King Cheng, inherited the throne and was aided by Zhou Gong due to his young age.

結果周武王幫周成王選了幾位老師，

Before his passing, King Wu had chosen a few teachers for King Cheng,

太師姜太公，

the Supreme Teacher, Taishi, was Jiang Taigong (*Also known as Jian Ziya, a statesman, and strategist, helped King Wu overthrow the Shang dynasty and establish the Zhou dynasty.)
太保就是周公。

and the Supreme tutor, Taibao, was Zhou Gong.

假如你的孩子有姜太公教，又有周公教，好不好？

Imagine, if your children had Jiang Taigong and Zhou Gong as teachers, wouldn't that be good?
好！

It would be great!

所以，我們要替孩子找好老師。

So it is our duty to find good teachers for our children to educate them properly.

諸位朋友不要急，只要你有這分誠心，

But my friends, do not get nervous and make a hasty decision.

一定會有好的因緣進來。

As long as you have such genuine intention, you will certainly encounter good opportunities.

今天我們的孩子，還有我們，已經有一個好老師，它叫《弟子規》，

Today, we and our children have already found a good teacher in the form of *Dizigui*.

這本經書就可以好 好讓你的家風有很好的提升，很好的延續。

This sacred classic text will enable us to improve and pass down good family traditions.

後來周成王長大了，

Because King Cheng had such good teachers，

有這麼好的老師提攜他，也能夠治理天下。

he was able to govern the country wisely when he grew up.

那時候國家有些謠言，都說周公是不是要篡奪天下，就很多流言蜚語出來。

At one point during his reign, rumors spread that Zhou Gong wanted to usurp the throne.

周公不等他的姪子說話，他自己就自請到山東去，

Zhou Gong did not wait for his nephew to question him, he voluntarily requested to go to Shandong (*the easternmost area of the Zhou kingdom).

讓他的姪子好做人，不要被這個流言蜚語所影響，他就自己回山東去。

By doing so, he hoped that his nephew could easily deal with the situation and not be influenced by the rumors. One day, King Cheng was out taking a walk.

結果周成王走在路上，突然看到天空有些異象，大白天打雷。

Suddenly he saw some anomalous phenomena in the sky, a thunderclap in broad daylight.

以前的人很有反省的態度，看到天空有異象，代表什麼？

Chinese in ancient times were good at reflecting upon themselves. When King Cheng saw this anomaly, what did he think?

是不是我這個 天子做出什麼壞事？

Is it because I, the Son of Heaven, have done something wrong?

諸位朋友，這是不是迷信？不是！

Dear friends, is this superstitious? No, it is not.

人心與天地萬物是有交感的，

The human mind and nature are connected to each other.

人心善就會風調雨順，

If humans' hearts are virtuous, nature will respond with harmonious climates;

人心惡，災難連連。

conversely, if humans' hearts are bad, it increases the frequency of natural disasters.

我們現在人心是善是惡？我沒有說我們。

Right now, are humans' hearts good or bad? I don't mean us...

人心惡才會災禍，天災人禍那麼多，

Nevertheless, disasters happen only when human hearts are unwholesome. There are so many man-made and natural disasters nowadays;

所以我們看到這些異象要反觀內省，要開始好好的把這顆心守好，讓它向善。

seeing these anomalous phenomena, we should reflect upon ourselves and start to guard our minds to generate good thoughts only.

周成王看到這個現象，回去就好好反省，就想到是不是我讓我的叔叔離開這件事是不正確的？

After King Cheng saw this omen, he went back and reflected upon himself. He was thinking, "Is it because it was improper for me to let my uncle leave?"

所以周成王也到太廟去跟祖宗懺悔。

He then went to the ancestral temple, Taimiao, to repent to his ancestors.

以前的人心很淳樸，「慎終追遠，民德歸厚」，

The ancients said, "Perform funerals and commemorate our ancestors with utmost sincerity and discretion;

都會謹記這些老祖宗的教誨。

the people can then return to their deep-seated good virtues."

在周成王在懺悔的過程，剛好看到周公為他哥哥周武王的祈禱文，

When King Cheng was repenting, he happened to spot the written prayer that Zhou Gong wrote for his elder brother, King Wu.

他把它拿起來看，

He picked up and read it.

看到自己的叔叔為了讓他的兄長能夠延壽，不惜向天祈求折自己的壽。

Realizing his uncle, with the intention of letting his elder brother live longer, was willing to shorten his own life.

周成王看了很感動，馬上以天子之身親自帶文武百官去把周公迎請回來。

King Cheng was so touched that he personally led a team of senior officials to Shandong and invited Zhou Gong to return.

所以，周武王跟周公的兄弟友弟也傳給了他的下一代子孫，

You see, the sibling love between Zhou Gong and King Wu was also passed down to the next generation.

周朝因為有孝弟，才能夠綿延八百年。

That's why the Zhou dynasty enjoyed a history of 800 years due to its tradition of filial piety and fraternity.

一個家庭有孝弟可以綿延多久？

If a family practices filial piety and fraternity, how long can it last?

我們在中國歷代，孔老夫子的德行最好，

In Chinese history, Confucius is considered the most virtuous man of all time.

他的德行也感化了他世世代代的子孫，

His virtues touched and taught his descendants generation after generation.

所以他的家風兩千多年不衰。

This family tradition remains unfaded after more than 2,000 years.

諸位朋友，假如今天突然你得到一個消息，你是孔老夫子的後代，你會不會覺得今天跟明天絕對不一樣？

My friends, if you were suddenly told that you were a descendant of Confucius today, would you feel any different after this revelation?

突然會覺得我 不能丟孔老夫子的臉，走出來，言語、行為都很謹慎。

You would suddenly think, I must not let Confucius down, and become very careful of your speech and actions.

所以，德風可以影響這麼長久。

So, a tradition of virtues can have a long-lasting influence.

我在廈門講課的時候遇到一位老師，

When I was lecturing in Xiamen, I met a teacher.

因為我們上完五天的課都會請這些老師上台來分享，就會有十來個老師當代表。

At the end of the 5-day class, we always invite some teachers, usually about ten or more, to share their experiences.

這位老師一上台，他就說：這五天的課程，才讓我知道德行的根本在什麼？孝道。

One of the teachers said, "Only after this 5-day class did I know that the root of virtues is filial piety."

這個來自於《孝經·開宗明義章第一》，「夫孝，德之本也」。

This concept originated from the first chapter in *The Classic of Filial Piety**, which states, (*One of the Thirteen Classics in Confucianism) "Filial piety is the root of all virtues."

他接著又說，他對這句話有很深的感受，

He continued to say that he felt a very deep affinity towards this teaching.

因為他們整個村落有四十幾戶人家，統統同一個姓，都姓吳姓，口天吳。

He came from a village of over 40 families, and every family shared the same surname, Wu.

他說這四十幾戶人家出了一百零九個後代，

He said that these 40 families produced 109 offspring of his generation,

其中有一百零八個大學畢業，素質很好。

and 108 out of these 109 offspring were college graduates with very good moral qualities.

而這第一百零九個是已經考上大學，但是讀了兩年因某種因素辦休學。

The 109th child had also enrolled in the university but decided to suspend it after 2 years' study due to some special reasons.

可以說，他們下一代完全有大學畢業的程度、的水準。

We could say that the entire generation had the equivalent qualifications of a college graduate.

他接著又說，他終於知道為什麼他們這一代能這麼興旺。

He continued to say that he now understood why his generation was so prosperous.

因為他們村落裡的長者都告訴他們，只要讀書、工作一有放假，要記得回來看看父母。

It is because all of the elders in their village always told them, "Every time when you get days off from school or work, you must remember to return home to visit your parents."

他們每年的大年初一，一定是陪著父母到寺廟裡面去拜拜、去祈福，不會去做其他的事。

Each year on Chinese New Year's Day, they always go to temples with their parents to worship and pray for blessings. They would never do anything else.

現在你的孩子今年大年初一陪著你去拜拜的舉手？

How many of your children accompanied you to temples on New Year's Day this year? Please raise your hands.

你看他們是整個家族做到了。

In addition, their tradition is kept strong throughout the entire extended family.

除了陪父母以外，回來之後，就到其他所有這些鄰居的家裡面去跟長輩拜年，挨家挨戶跟這些長者拜年。

Apart from visiting their parents, they would also visit each family in the village to pay their New Year's call to all of the elders.

做到了什麼？尊敬長輩，弟！

What did they put into practice? Respect to all elders, a fraternal love.

跟長輩拜完年以後，他們這些差不多年紀的鄰居，就圍在他們村落裡面的小學，一起討論今年你讀書有什麼收穫，

After paying respects to the elders, these youngsters of the same generation would gather together in the village's primary school and discuss what they had learned from their schools or jobs.

今年你工作有什麼好經驗，大家一起討論，互相切磋。

They got together to share experiences and learn from each other.

這個做到了什麼？好學！

What have they demonstrated? The enthusiasm for learning.

有孝有弟又好學。

They have shown filial piety, fraternity, and genuine eagerness to learn.

所以這個村落為什麼下一代能有這麼好的發展，

How come the next generation of this village could have such good development?

絕對不是偶然的；絕對不是說那邊是龍穴，風水很好，不是這樣。

It is surely not a coincidence. Nor is it a good 'feng shui' of the dragon's lair.

而且一個地方的整個風水、整個環境，也會因人心而轉變。

The 'feng shui' and the environment of a location will actually change in accordance with people's minds.

所以孔老夫子說的「首孝弟」，

That's why Confucius said, "Being filial and fraternal are the foremost rules."

當一個人孝、弟做到了，一個有孝心的人，他會推己及人，

What would happen when one genuinely implements filial piety and fraternity? He will be able to put himself in others' shoes.

當他對自己父母孝，他看到別人的父母同樣也會恭敬對待。

If he is filial to his own parents, he will respect others' parents as well.

所以《弟子規》有教導，「事諸父，如事父，事諸兄，如事兄」。

This concept is taught in *Dizigui*: “Serve the elders of your parents’ generation like serving your own parents, and serve the elders of your big brother’s generation like serving your own big brother.”

諸位朋友，我因為以前教書，有個壞習慣，特別喜歡考試，

My friends, due to my past experience as a primary school teacher, I have developed a bad habit and particularly like to give tests.

所以這幾天的課程，我都會考前面講過的。

During these few days of classes, I will test you on the previous lessons.

我們求學問有個很重要的態度，要溫習，要複習，還要預習。

In seeking knowledge and wisdom, it is very important to have the proper attitude. Not only should we study and practice what we have learned, but also preview what we are going to learn.

所以還沒講到的，希望諸位朋友這幾天把《弟子規》讀熟，

So my friends, I hope that you use these few days to get familiar with the full text of *Dizigui*.

這樣在上課當中提到這些經句，你會很有感覺，「這一句我知道」，你的學習效果一定會特別好。

This way, when we mention them in class, you will have a stronger affinity and think,

“Oh, I know this sentence!” The effect of your learning will surely be exceptional.

因為有些朋友早上沒有來聽，

Some of our classmates could not make it to the morning lecture,

我們下午的時候開了一帖中藥，

we thus provided a prescription in the afternoon.

很有效果，吃了保證道德、學問會增長，

It is very effective! I guarantee that both your virtues and wisdom will ascend to a higher level.

就是早上跟晚上都把《弟子規》念一遍。

This prescription is to read *Dizigui* once every morning and night.

早上念的時候，提醒自己今天要按照這些教誨去力行；

In the morning, it is to remind ourselves to implement these teachings today.

晚上念一遍的時候，反省今天的所做所為，哪些跟經典相應，自我鼓勵；

In the evening, as we read, we reflect on our actions and attitude of the day. We encourage ourselves to keep up with what we have corresponded to the teachings;

哪些還沒做到的，趕快要提醒自己去修正；

and remind ourselves to rectify what we have not corresponded to.

早上一遍，晚上一遍。

One recitation in the morning and one in the evening.

晚上那一遍不要在睡覺以前念，不然會還沒念就睡著了；

When you read it in the evening, do not wait until right before going to bed, otherwise you might fall asleep before even starting to read.

最好是下班，洗洗手，洗洗腳，然後還沒吃飯以前先念，

It would be best to read it as soon as coming home from work, after washing up and before eating dinner.

剛好就可以對照今天一天的行為。

This is a perfect opportunity to evaluate and reflect upon our conduct that day.

好，所以「首孝弟」。再來：【次謹信。】

“Being filial and fraternal are the foremost rules, followed by being cautious and trustworthy.”

『謹』是謹慎，謹言慎行。

We must be cautious with our speech and actions.

對自己的生活要有規律，不能搞得亂七八糟，

We should lead a routine life, not a chaotic and undisciplined one.

連照顧自己的能力都沒有，更遑論要去承擔家庭的重責。

If we are not even capable of taking care of ourselves, how could we shoulder family responsibility?

『信』是會意字，代表什麼？人言。

The Chinese character of ‘credibility’ is a compound ideograph, it is comprised of two radicals: person and speech.

《弟子規》說，「凡出言，信為先」，

Dizigui states, “When I speak, credibility is foremost.”

孔老夫子也說「人無信不立」，

Confucius once said, “Those without credibility will have no place in society.”

一個人假如沒有信用，很難在社會立足。

If a person has no credibility, it will be very difficult for him to have a place in society.

而孔老夫子的教誨重視四個學問：

Confucius placed particular emphasis on four types of learning:

第一個是德行，第二個就是言語，

the first is virtues, the second is the art of speech,

第三個是政事，第四個是文學。

the third is administrative talent, and the fourth is literary arts.

言語為什麼擺在僅次於德行的重要性？

Why is the art of speech second only to virtues?

因為人與人的互動跟交往，使用什麼的頻率最高？言語。

Because during interpersonal interactions, what medium do we use most frequently? Speech.

所以言語，「一言可以興邦，一言可以喪邦」，一言可以讓家庭和樂，一言也可以讓家庭紛爭不斷。

Confucius said, “One single sentence may bring a country prosperity or decay.” By the same token, a single sentence may bring a family harmony or endless conflict.

所以言語要學習，很重要。

As you can see, learning how to speak properly is very important.

再來：【泛愛眾。而親仁。】

Next, “Love all equally, but become close to the benevolent ones.”

『泛愛眾』，廣泛的愛眾人，

“Love all equally’ means to show compassion to all people without discrimination.

這個換現代話講，叫做人際關係法，如何跟人相處的很和樂。

In today's terms, we call this 'the law of interpersonal relations'; how to interact with others harmoniously.

我們《弟子規》也是趕得上時代，很注重人際關係學。

You see, *Dizigui* is still relevant even today; it places great importance on human relations.

再來是『而親仁』，親近仁德之人。

The next line is, "Become close to the benevolent ones."

因為我們時時親近仁德之人，就能夠提升自己的道德學問，

if we can constantly keep close to benevolent people, we will be able to elevate our own virtues and wisdom.

所謂「入芝蘭之室，久而不聞其香」，

The ancients said, "When being in a room full of orchids for a long while, you will no longer notice their fragrance."

你每天接觸的都是這些善人，我們無形當中德行都提升；

This means, if we surround ourselves with good people every day, our virtues will naturally be elevated.

但是「入鮑魚之肆，久而不聞其臭」，

For the same reason, if we "stay in a fish market for a long while, the putrid odor ceases to be offensive."

假如身旁都是狐群狗黨，每天自己的言語、行為都愈來愈粗俗。

In other words, if we always associate ourselves with a pack of scoundrels, our speech and conduct will surely become more and more vulgar by the day.

所以親近仁德之人很重要，

Therefore, staying close to benevolent people is very important.

而親近仁德之人也才能長我們的智慧，人生有智慧才會下對什麼？抉擇，人生才會愈走愈輕鬆；

Only by choosing the right associates can we then grow our own wisdom. And only when we have wisdom can we make the right decisions in life; our life will then become smoother and smoother.

假如沒有做對抉擇，那人生會愈走愈沉重。

If we fail to make the right decisions, our life journey will become increasingly burdensome.

最後：【有餘力。則學文。】

Lastly, "Having practiced all of the above, I can then expand my horizons to study the literary arts."

當我們把這些立身處事的行為，這些德行都扎實的學好，還有空餘的時間，還可以多看些好的文章，『學文』。

When we have built a firm foundation of the virtues mentioned above, with spare time, we can then read some good literary writings.

古代的文章是文以載道，文以明道，

In ancient times, writings were for conveying Dao*. (*The Truth, The Law of Nature, Tao)

所以古人寫文章非常慎重，都是真正有把握可以利益後人，他才把它留下來。

Therefore, the ancient Chinese were extremely careful when writing articles. They made sure what they wrote would benefit future generations.

現在人寫文章怎麼樣？他想怎麼寫就怎麼寫，他也不會管會不會天下大亂，

How do people today write articles? They write whatever they feel, with no consideration of whether it will cause chaos in the world.

所以不夠謹慎對待自己的言行。

They surely are not cautious enough with their own speech and actions.

所以「學文」還是看古聖先賢的文章比較保險，

So, when reading literature, it gives us more insurance to read the writings of ancient saints and sages.

因為這些文章都是歷經幾千年印證，確實可以啟發人的智慧的。

Because these writings have stood the test for thousands of years and have been proven that they can indeed reveal the wisdom within us.

這是「餘力學文」。

This is the meaning of 'Having practiced all of the above, I can then expand my horizon to study the literary arts'.

我們進入經文第一個單元，「入則孝」。

Let's go on to the body of the scripture, the title of the first chapter: Be Filial to Parents at Home.

諸位朋友，您會不會覺得一天時間很不夠用？

Dear friends, do you feel like you don't have enough time in a day?

有沒有這個感覺？有。我們現在很難一天還花兩個小時來讀書，不容易！

Have you ever felt this way? Yes. So, it is not easy for us to find even two hours a day for reading.

所以這個餘力學文，這個「餘」我們也可以把它拿做化整為零，把一些零散的時間我們好好掌握。

We must use our free time efficiently. In other words, we must seize our free time to be productive.

《弟子規》可以隨身帶在身上，

We can carry the text of *Dizigui* with us wherever we go.

有些很好的《格言聯璧》，我每次都放在包包裡，一有空拿起來背個一兩句，

I always carry *A Collection of Ancient Mottos* in my bag; whenever I have a minute, I will take it out and recite a few sentences.

所謂日積月累，滴水可以穿石。

By accumulating day by day and month after month, a constant drip of water can erode its way through stone.

不要小看一天十分鐘、二十分鐘的積累，

Don't underestimate the accumulation of studying 10 or 20 minutes every day.

所謂「寬為限，緊用功，功夫到，滯塞通」。

Dizigui teaches us, "Set a loose schedule but apply tight efforts. When our efforts have reached a certain level, obstacles will be dissolved."

我們來看這個「孝」是會意字，上面一個「老」，下面一個「子」，

Let's take a look at this compound ideographic character for filial piety. On top is the character of 'elder', on the bottom is 'child'.

老指上一代，子指下一代，上一代跟下一代合成一體，就是一個「孝」字。

'Elder' signifies the senior generation, while 'child' refers to the younger generation. The older generation and the younger generation combine together as a unity, this is the meaning of 'filial piety'.

我們來看一下，上一代時時念著要好好把下一代教好，現在為人父母有沒有這個態度？

Let's take a look, the elder generation should keep in mind to educate the younger generation properly. But do parents nowadays have this attitude?

我在教書的過程，往往會聽到學歷不算高的家長，他會流露他的心聲，

During my career as a teacher, I often heard parents who were not considered highly educated reveal their wishes.

他說：我只希望我的孩子不要成為社會的負擔，這是我為人父母的責任。

They said, "I only wish that my child does not become a burden to society. This is my greatest responsibility as a parent."

他學歷不高，可是他在講這句話的時候，都會令我肅然起敬，

They may not have a high degree, but when I heard these words, it always struck me with awe.

你看他懂得教育好孩子是他這一生的本分事。

They understood that to properly educate their children is their most important life duty.

父母時時想著要把孩子教好，但是教育孩子一定要有好的方法。

Parents should keep in mind to educate their children properly. However, we must find the proper approach to educate children.

中國有一篇很重要的教育哲學叫《禮記•學記》，

In China, there is a very important text on the philosophy of education, that is, *Record on the Subject of Education* from *The Book of Rites*.

裡面有提到什麼是教育，「教也者，長善而救其失」，

It mentions what education is. Which states, "To educate is to promote one's good elements and save one from his faults."

這句話把教育的兩大主軸抓到了。

This sentence encapsulates the two main axes of education.

所以我們今天要把孩子教好，一定要清楚，要長他什麼善，然後要防止，甚至於要導正他哪些過失，

In order to educate our children properly, we must be clear about what goodness we should help them to grow and what bad habits we must help them to avoid and correct.

因為「苟不教，性乃遷」。

As *The Three Character Classic* teaches, "Without proper education, people would deviate from their innate nature."

很多的孩子有些不對的習慣，我們要趕快把他挽救過來，

That's why as parents, we must quickly save children from repeating their bad habits.

什麼時候挽救？當下！刻不容緩，

When should we save them? Right now, with no delay!

因為學如逆水行舟，不進就是退。

Because learning is like sailing up a river, we will drift away with the current if we do not sail forward.

諸位朋友，我們思考一下，現在的孩子有哪些習慣、有哪些行為一定要趕快修正？

My friends, let us take into consideration; which habits and behaviors of today need to be rectified immediately?

諸位朋友說說看，你們應該比我有經驗。

My friends, feel free to answer! You should have more experience than me. Ok, talking back to parents(*Audience reply).

「頂撞父母」，聽說以前的人是一言九鼎，

People of the past, their words carried weight like a pot needs to be supported by nine 'Ding' (*鼎, a tripod, ancient Chinese vessel with 3 legs),

現在的孩子也是一言九「頂」，這個「鼎」不一樣，

while children today respond to parents' talk with nine ding* too. (*頂, talking back)

現在的孩子是頂回去的頂，很會頂嘴。

However, they are different characters with the same sound. This implies that children today are very good at talking back.

再來，還有沒有？「懶惰、叛逆」。

What else? 'Lazy, rebellious' (*Audience reply),

好，還有沒有？「自私」。

Anything else? 'Selfish' (*Audience reply).

還有沒有？怎麼都是女性同胞？怎麼我們當父親的都沒發現嗎？

How come it is all females answering? Those who are fathers say nothing?

這樣不行，要很關懷自己的孩子！

This is not acceptable; we should care very much about our own children.

來，還有沒有？「敷衍」。就是沒有責任心是嗎？好，我們再加一個就好，六六大順。

Anything else? 'Indifference' (*Audience reply). No sense of responsibility. Right?

壞習慣，哪個壞習慣？「生活沒有規律」，生活的規律。就這六條就好。

Let's add one last thing, 'no disciplined daily routine in their life'. These six will suffice.

有時候很多朋友剛好靈感很多，都會列出十大罪狀。

Sometimes, many friends are very inspired and come up with 'ten big sins'.

因為我們在海口成立的是國學啟蒙中心，

In Haikou, we opened a Sinology Enlightenment Center;

很多家長他會來跟我們探討小孩的問題，

a lot of parents came to discuss with us their problems in educating children.

剛好中心場地特別大，因為拿來上課，所以從門口走到辦公室差不多也要走個三十秒。

This property, used for our lectures and classes, is very big. From the front door to the office, it is about a 30-second walk.

我就陪著他一路走過來，他一看到我就忍不住滔滔不絕，

Once, I accompanied a parent walking to my office. As soon as seeing me, she couldn't help but complain unceasingly,

「我的孩子自私，很愛頂嘴又很懶惰」，都沒有打草稿，一直講過來，

“My child is selfish, lazy, and always talks back...” She kept complaining without a draft.

結果我怕他太口渴了，

I thought she might be getting thirsty, so I quickly said to her,

趕快說：你請坐，我倒杯水給你喝。

“Please take a seat, let me get you a glass of water.”

等他喝下水去，我就開始問他，

After she sipped some water, I started to ask her,

我說孩子自私是結果，諸位朋友，原因在哪裡？你有沒有孩子一出生，上面頭頂就寫著「自私」兩個字？

“Your child being selfish is the result, but what is the cause of it?” Dear friends, have you ever seen a child with the word ‘selfish’ on their forehead since the day they were born?

孩子懶惰是結果，原因在哪裡？

Being lazy is the effect, what is the cause?

你有沒有看過那個小孩子一兩歲就動不了的？有沒有？

Have you ever seen any two-year-old child who is listless?

一兩歲都是活蹦亂跳，怎麼後來變得那麼懶惰？

One or two-year-old children are naturally active and lively. How would they become lazy later on?

我們再看看，孩子叛逆是結果，原因在哪？

Let’s continue to analyze; children being rebellious is the effect, what is the cause?

我們來思考一下。聽說叛逆叫正常，有沒有這個說法？

Some people nowadays say that children being rebellious is normal. Have you heard this?

有？聽誰講的？把他找出來，誤導！

Yes? Who said that? Find them, they are misleading you!

請問五十年前，你有沒有聽過叛逆兩個字？

Please tell me, 50 years ago, did you ever hear the word ‘rebel’?

幾千年的中國史書上，你有沒有看過叛逆兩個字？你看，都沒看過。

In the literature of China’s history, have you ever read the phrase ‘rebellious child’? No, never heard of it.

中國人四千多年的歷史都沒有叛逆，我們居然在短短二、三十年之間就產生了叛逆，厲不厲害？

In over 4,000 years of Chinese history, there is nothing at all about rebellious children, yet we have managed to create it in the past 2 or 3 decades. Isn’t our capability amazing?

為什麼四千多年來沒有產生叛逆的下一代？

In over 4,000 years of history, why was there never a rebellious younger generation,

為什麼在幾十年當中卻快速產生叛逆的小孩？不是偶然的！

but within these few decades, the rebellious children are growing quickly? It is not a coincidence.

因為現在的孩子是不是接受中國聖賢教誨？

Do children receive the teachings of ancient sages nowadays?

是不是接受孝弟的教導？不是！

Are they taught the values of filial piety and fraternity? No!

他沒有孝心，沒有恭敬心，當然對父母言語、行為就會有冒犯。

Since they do not have the mind of filial piety and respect, of course, their speech and behavior will offend their parents.

我就會回想，我還很慎重跑去問我媽媽，

I recalled my childhood and wondered if I had ever been rebellious, so I once cautiously asked my mother,

說媽媽，我有沒有叛逆？害我媽媽想半天，沒有。

“Mom, have I ever been rebellious?” My mom thought for a while and said no.

我們對父親是什麼態度？又敬又畏，

What attitude should we have towards our fathers? Respect and fear.

又很尊敬，又很害怕，所以父親都很有威嚴；

So a father must be very dignified.

當我們對父親敬畏的時候，根本不可能會叛逆。

When we respect and fear our fathers, it is impossible that we become rebellious.

父親為什麼能讓我們產生對他的敬畏？

But why would a father be able to invoke our respect and fear?

最重要的是父親言行一致，他很孝順，他做出榜樣給我們看。

Most important is that they practice what they preach. My own father is exceptionally filial; he sets a good example for us.

所以，打從小對父親就是尊敬的態度，不可能有叛逆。

So we were very respectful towards him from a young age, impossible to rebel.

所以現在的孩子會叛逆，我們做家長的要省思一下，

Children today being rebellious, we as parents should introspect ourselves.

為什麼孩子對我們沒有恭敬之心？

How come our children do not treat us with respect?

有可能是我們說一套做一套。

It could be that we say one thing and do another.

在那裡打麻將，然後跟孩子說：你給我去看書，我數到三。

Some parents sit and play mahjong while telling their children, “Go study! I’ll count to three!”

孩子依依不捨，慢慢離開電視螢幕，還抱在牆壁那裡，久久不忍離去。

children linger on the TV screen, leave gradually, then hide behind the wall to watch for a long time.

媽媽很生氣：最後通牒，不然我棍子就要拿過去了！

The mother gets angry and says, “Last warning! Or I will get the stick!”

這孩子才心不甘情不願上樓。

Only then does the child reluctantly start going upstairs.

當他坐在椅子上，請問，他的身體在書桌前，他的心在哪裡？

When they sit down, their body is in front of the desk, but where is their mind?

電視。你們怎麼知道？都在電視節目，

“Still thinking about the TV!” (*Audience reply) Wow, how did you know?

不知道男主角怎麼了，女主角怎麼了。

Still wondering about what happened to the leading actor and actress.

當父母沒有做出榜樣給他看，他的內心服不服氣？不服氣！

When the parents do not act as a good role model, will their children be convinced? Of course not.

你說對你講話要很有禮貌，你對爺爺奶奶講話也沒禮貌。

They think, "You tell us to speak politely to you, but you are rude to my grandparents."

當這些不服氣慢慢積累，到哪一天會爆發？

This feeling will accumulate within them, when will it erupt?

突然到他的身高跟你一樣高，拳頭跟你一樣大，他還要不要聽你的？

When they are as tall as you and their fists as big as yours, will they still listen to you?

他就不聽你的。所以叛逆是結果，根源在孩子從小沒有對父母生起孝心，生起恭敬之心，那是根本原因。

They will no longer listen to you. So, being rebellious is the result, the root cause is that children have never developed the attitudes of filial piety and respect to their parents.

這個原因又加上外面大環境很多污染，他又去效法這些同學也好、朋友也好，到最後叛逆的現象就愈來愈多。

This root cause along with the bad influences of the external environment, such as copying the bad behaviors of classmates and friends, have eventually led them to be more and more rebellious.

要讓叛逆的現象消失，重要的是要延續聖賢教誨，

Therefore, in order to eradicate this rebellious behavior, it is critical to pass down the sages' teachings.

然後家長要懂得以身作則，當孩子的好榜樣。

Parents must understand how to be a good role model for their children.

我們接著看，「自私」怎麼形成的？

Okay, let's continue to analyze. Where does selfishness emerge from?

諸位朋友，從今天開始，你常常遇到事情的時候，你就想，

My friends, starting from today, whenever you encounter situations, you should think, 今天這個同事罵我是結果，原因在哪裡？

"Today my colleague yelled at me is the effect, what is the root cause?"

今天別人的孩子教得好是結果，原因在哪裡？

"Today, other people's children being well-behaved is the effect, what is the cause?"

今天人家夫妻相處和樂是結果，原因在哪裡？

"A married couple having a very harmonious relationship is the effect, what is the cause?"

你時時處處懂得去找出原因，那你每天都在增長智慧。

When we understand to look for the root cause in every situation, we will be able to grow our wisdom day by day.

當你找到原因，就能夠對症下藥，就很快的能把很多情況轉成好的良性的發展。

When we have diagnosed the root cause of problems, we can quickly find the solutions and quickly turn around a lot of situations and improve the outcome.

我們回想一下，今天你們夫妻跟孩子一起吃飯，爺爺奶奶也在，媽媽夾起第一口菜，

Let's imagine a scenario; a couple is having dinner with their child, the grandparents are also there. The mother picks up the first bite of food...

諸位朋友，給誰吃？小孩吃。好，標準答案！來，掌聲鼓勵。

My friends, who does she give it to? "The child." (*Audience reply) Standard answer! Let's give her a hand.

這個標準是普遍現象，但是這一口菜夾下去會產生什麼效果？

This standard is a common phenomenon today. But what will the effect be with this act of giving the first bite of food to the child?

「小明，這是媽媽特別煮給你吃的，多吃一點」。

"Baby, I made this dish especially for you, eat as much as you want."

爺爺奶奶看了也不甘示弱，「孫子，這幾盤菜也很好吃」，爺爺奶奶也幫誰夾菜？孫子夾菜。誰的菜滿滿的？孫子。

The grandparents seeing this will also be unwilling to be outdone, "Grandson, these dishes are very delicious too." To whom do the grandparents also serve the food? The grandson. In the end, whose bowl is piled high with food? The grandson's.

所以一個家庭裡面誰最大？孫子最大。

So who becomes number one in the family? The grandson.

這樣有沒有顛倒？顛倒了，所以小孩也就顛倒了！

Isn't this topsy turvy? Yes! As a result, the child will also be topsy turvy.

這樣合不合理？你看所有的人都必需服務他，小皇帝產生了。

Is this reasonable? Everyone in the family is serving him. A little emperor has been created.

小皇帝、小公主產生了，請問小皇帝跟小公主的特色是什麼？自私，

What is the characteristic of little emperors or princesses? Being selfish.

因為所有的人都要服務他，所以他只會想到自己。

Because everybody else is serving them, they learn to only think of themselves.

俗話又說，「伴君如伴虎」，所以現在的小孩脾氣都很大。

A Chinese proverb reads, "Accompanying an emperor is like being with a tiger." The children of today all have bad tempers.

當你對他百依百順，十件事順了他九件，第十件不順他，他會怎麼樣？會大哭大鬧。

When you always give them what they want, out of ten requests you fulfill nine of them, on the tenth request, what will they do when you say "no"? Throw a big tantrum.

你又沒有原則，他一發脾氣你又說什麼？好了好了，給你買！

And if you have no principles, what will you say as soon as they throw a tantrum? "Okay, okay, I will buy it for you."

那他就攻城略地，你是會節節敗退。

They will learn that they can always win while their parents will be defeated again and again.

所以諸位朋友，教孩子從哪裡開始？

My friends, where should educating our children start from?

從夾菜開始。小地方大學問，每個動作做出來都是給孩子學習的榜樣。

From serving food at the dinner table. It is a small matter but big wisdom. Each of our actions should be a good role model for our children to learn from.

當今天你一夾起來，馬上夾給你父親：爸爸，多吃一點。

Today, if you give the first bite to your parents and say, "Dad, enjoy!"

你的孩子看了，會不會說：爸，你怎麼都沒想到我！

Upon seeing this, will your children say, "Dad, why didn't you think of me first?"

不會，他看到自己的父親在行孝道，他內心會很感動，因為每個人都有本善的心。

No, they won't. When they see their own father practicing filial piety, they will be very touched because the innate nature of every person is originally good.

《大學》裡面說，「知所先後，則近道矣」，

The Great Learning states, "Once we know the proper order of matters, we are one step closer to the Dao."

做任何事，先後順序對了，你這個道才建立起來。

If we make sure to follow the proper order in whatever we do, we will establish the Dao.

所以，你菜夾對了，你就教給孩子正確的為人子之道。

Therefore, when you serve food in the proper order, you are simultaneously teaching your children the Dao of being a child.

我們打開冰箱，水果拿出來，先給誰吃？

When we open the refrigerator and take out some fruits, who should we give it to first?

我的父親水果拿對了，

My father always distributes the fruits in the proper order.

假如我父親在我小時候水果拿錯了，那現在我就不能站在這裡跟諸位朋友講課了，

If, when I was a child, my father had distributed the fruits in the incorrect order, then I would not have been able to stand here in front of you all to teach these classes today.

差之毫釐，失之千里。

A Chinese proverb says, "The slightest difference leads to a huge error."

你說：蔡老師，有這麼嚴重嗎？拿個水果就能影響這麼大？

You may say, "Teacher Tsai, is it that serious? Just giving fruit, is it such a big deal?"

有沒有影響？真有。

Does it have an effect? It really does.

小時候我們看父母從冰箱裡面拿出來的東西都先給爺爺奶奶吃，我們很自然就效法、就學習。

My sisters and I always saw my parents serving food to our grandparents first. Very naturally, we learned to emulate the same practice.

其實我是很有可能變成敗家子的，你們有沒有看出來？

Actually, I had a very high chance of becoming a prodigal. Can you tell?

因為我是獨子，又是長孫，又是長曾孫，因為我爺爺也是長子。

Because I was the only son as well as the eldest grandson and great-grandson owing to the fact that my grandfather was the oldest son.

我記得我小時候去給我曾祖母掃墓，

I remember when I was young, one time we went to sweep my great-grandma's tomb;

那時候三、四歲，跪下去頭抬起來，突然看到兩個字，眼睛一亮，

At that time I was about 3 or 4 years old; when I knelt down and raised my head, I suddenly saw 2 characters. My eyes lit up.

看到了自己的名字刻在墓碑的第一位，

I saw my own name engraved on the top spot of the tombstone.

突然抬頭挺胸，有使命感，以後這個家族的興衰，我們要盡心盡力。

Immediately, I raised my head and stuck my chest out. I felt a sense of mission that I had to try the best for my family's future prosperity.

所以中國人重視長子，重視長孫，這不是沒有道理！

The Chinese tradition of placing importance on the eldest son and grandson is not without reason.

因為每一個他這一個時代的子孫，就要有人當榜樣把他帶好，

Because this way, every descendant of the same generation will have someone to look up to as their good role model.

這樣家族才能興旺。

The family will then be able to preserve its prosperity.

假如我的父母寵愛我，爺爺奶奶又寵愛我，那我今天就不可能學習聖賢之學，可能就開始早就不知道揮霍到哪裡去了。

If my parents had spoiled me, my grandparents spoiled me as well, I certainly would not have learned the sages' teachings today. I would probably have been wasting money extravagantly somewhere long ago.

所以教育孩子很重要。

So educating our children is very important.

現在的家長拿水果出來，不知道有沒有給爺爺奶奶先吃？

Nowadays when parents take fruits out from the refrigerator, do they give it to the grandparents first?

我還聽說有些媽媽都會買些特別貴的水果，然後先把它藏起來。

I heard that some mothers would buy some very expensive fruits and hide it away.

怎麼有些朋友在笑？你是不是心有戚戚焉？

How come some of you started laughing? Is it because your heart resonated with it?

藏起來，結果爺爺奶奶去睡覺了，趕快拿出來，「兒子趕快過來，這是媽媽特別買給你吃的」。

They hide it! As soon as the grandparents go to bed... What do they do? Quickly take it out, "Son, come here quick, mommy bought this fruit especially for you."

兒子吃得很高興，他也學得很徹底，

The son happily eats the fruit. He also thoroughly learns his mother's way.

人算不如天算，他以後一有錢，買水果給誰吃？給他兒子吃。

Opposed to your expectation, who will he buy fruit for once he earns money in the future? His son.

有些朋友馬上回答，給他老婆吃。

Some people respond without hesitation, "He will buy it for his wife."

你是用好惡你的孩子就學到好惡，而不是學到情義、恩義。

If we use likes and dislikes to educate our children, they will learn likes and dislikes rather than gratitude and righteousness.

所以，我們還是要循天道而行，要演出孝道，啟發孩子本善之心。

That's why we must follow the Dao, and demonstrate filial piety to bring out the innate goodness of our children.

這個「自私」，現在找到問題根源，還是從孝道，還是從處處替人著想，我們父母當榜樣。

We have now found the root cause of this 'selfishness'. We must firstly work on filial piety and being considerate of others. As parents, we must set a good example.

諸位朋友，假如孩子已經十多歲了，還來不來得及？

Dear friends, if your child is already a teenager, is it too late to correct them?

你要相信《三字經》第一句話，「人之初，性本善」。

We must have faith in the opening line of the *Three Character Classic*, "People originally have an inherently good nature."

其實都不是別人不能改變，都是自己先被自己擊敗，

In fact, it is not that other people cannot be changed, it is that we have been defeated by ourselves.

自己都不相信，當你沒有信心的時候，很多事你一定做不起來。

When we have no faith, many things will not be able to be accomplished.

我們在大陸很多的課程，來了各個階層、各個年齡層的人都有，記得有很多的中學生都來。

Our classes in China are attended by audience members from all social statuses and all ages.

There were many middle schoolers attending as well.

有個中學生上了課，上了五天，每一天回去都有很大的進步。

One middle schooler attended the classes for five days. She made great improvements every day when she went home.

他的阿姨覺得很納悶，為什麼一個十多歲的孩子聽了五天課有這麼大的改變？

Her aunt was very puzzled and thought, "How come a teenager could change so much after attending these classes?"

結果第五天，他的阿姨就跑到我們上課的地點去找我們，剛好我們已經離開了。

On the fifth day, her aunt went to the place where we held classes to look for us. Unfortunately, we had left for the day.

她又跟旅館裡面的人問到我們的電話，她就打過來，

She asked the staff of the hotel for our phone number and got in contact with us.

她說：我的姪女每一天上課回去都有很大的進步，不管對父母、或者對家裡的人態度都很好。

She said, "My niece has made such big improvements every day after coming back from your class. No matter if it is towards her parents or others, her attitude has become very good."

她感受到中國文化確實有很大的力量，

she could feel that Chinese traditional culture indeed has great power.

所以她說我的孩子一個兩歲，一個四歲，可不可以交給你們教？

She said, "Can I hand my two-year-old and four-year-old children to you to teach?"

你看現在的家長，一遇到好的，馬上沒想先自己做，先推給老師教。

You see, parents today, when they encounter a good chance, they do not think of teaching by themselves but just push to the teachers.

我們就跟她說，我們這些老師都從海口、從深圳來，地方太遠了。

We told her, "Our teachers are all from Haikou and Shenzhen, it is too far."

結果這個母親說：沒關係，我從北京把他送到深圳去。

She continued, "It's ok, I can send them to you from Beijing to Shenzhen."

所以確確實實十多歲的小孩也能夠得到很好的薰修。

This case proves to us that even a teenager can make very big improvements.

還有一位四十歲的男士，我在杭州天目山講課的時候，他被主辦單位安排來當我的保鏢，

There is another example of a forty-year-old man. When I was lecturing in Tianmu Mountain in Hangzhou, he was sent by the sponsor to be my bodyguard.

因為我們山上有四、五百個人。

Because the audience numbered 4 or 5 hundred, he helped manage the crowd.

他就幫我擋一些，可能我要休息了，這個時候他就說「老師要休息了，現在不方便講話」，

For example, if I need to take a break, he would tell the audience, "It's the teacher's break time, it's not a good time to talk now."

幫我處理這些情況。

He dealt with situations like this for me.

而且他還學過武術，他當武警當了十多年，

He had also learned martial arts and had been an armed policeman for over ten years.

他聽課聽到第三天的時候，剛好下完課帶我們去吃飯。

On the third day of the classes, he escorted us to lunch after the class ended.

一路上他就說：太好了！太好了！真是太好了！

On the way to the restaurant, he kept saying, "Great! Great! It's really too great!"

我們確實不知道他在說什麼，但是只感覺他的內心很喜悅。

None of us understood what he was talking about, but we could feel that he was genuinely joyful.

當到了餐廳，他就說：蔡老師，我現在的心情只能用三歲小孩的言語來代表，就是太好了！

When we arrived at the restaurant, he said to me, "Teacher Tsai, my feeling at this moment can only be described with the language of a three-year-old. That is, it is too great!"

他接著就說：我活了四十年，終於知道我人生錯在哪裡！

He continued, "I have lived for 40 years and finally know what I have done wrong in life!"

其實我們聽到他這句話，內心感受到很心酸，

Upon hearing what he said, we felt very sorry and sad for him.

一個四十歲的硬漢，他不是不願意學，是怎麼樣？沒有人教！

A strong forty-year-old man, it is not that he was unwilling to learn... What is it? It is that nobody had ever taught him.

不然你看他的態度多好，馬上學了就像個赤子一樣，很歡喜。

You see, he had such a great attitude, as happy as a newborn baby right after he had learned.

He said he knew now why his wife divorced him,

他說他終於知道太太為什麼跟他離婚，為什麼孩子跟他不能溝通，同事跟他很有距離，都很怕他。他終於找到問題。

why his children would not communicate with him, and why his colleagues kept a distance from him and were afraid of him. He finally found the root cause of all these problems.

所以他跟我說，他回去第一件事，就是要找他的前妻好好談一談。

He told me that as soon as he got home, the first thing he would do would be to call his ex-wife and have a proper discussion.

「人非聖賢，孰能無過，過而能改，善莫大焉」。

“We are not sages, who among us has never made mistakes? When we can rectify our mistakes, there is no greater goodness than this.”

第四天早上吃飯，他說：蔡老師，你在這裡坐一下，我跟你聊一下。

During breakfast on the fourth day, he said, “Teacher Tsai, please sit here for a while, I would like to chat with you.”

我就覺得氣氛怪怪的。

I could feel that the atmosphere was a little bit strange.

好，我們這節課先講到這邊，下節課再把答案跟大家講。

Okay. Let's stop here for today. In the next class, I will continue the story.

好，謝謝大家。

Thank you everybody for listening.